

# BELMONT

## Parks & Recreation 2015 Winter/Spring Activity Guide

[www.belmont.gov/parksandrec](http://www.belmont.gov/parksandrec)

Enhancing the quality of life for the community.





# Facilities Available for Rent

[www.belmont.gov/rentals](http://www.belmont.gov/rentals)



## Barrett Community Center 1835 Belburn Drive

Accommodates up to 150 people. Multi-purpose. Has 4 classroom/ meeting rooms & a playground.



## Cottage 7 Cottage Lane

Accommodates up to 35 people with kitchen & patio area.



## Lodge 40 Twin Pines Lane

Seats 75. Can accommodate 125. Includes kitchen, patio area, and small meeting rooms.



## The Manor 10 Twin Pines Lane

Open for rentals! Accommodates up to 150 people (adults preferred), seats 100.



## Sports Complex & Conference Center, 550 Island Parkway

Seating for 140 and accommodates up to 170 people.

**NEWLY REMODELED!**



## Twin Pines Senior & Community Center 20 Twin Pines Lane

Seats 270. Has a commercial kitchen, a patio & a small room.



# Picnic Areas Available for Rent

[www.belmont.gov/rentals](http://www.belmont.gov/rentals)



## Alexander Park 400 block of Yorkshire Way

The reservable area is located at the northern region of the park. It accommodates groups of up to 75 people. Tennis courts, a basketball court, and a children's play-ground area are available for community/public use.

## 7 Twin Pines Lane The Buckeye

Located directly across from the main playground area in Twin Pines Park and a short distance from the parking lot. It includes 8 picnic tables and a large brick barbecue. The picnic area can accommodate up to 75 people.



## The Meadow Twin Pines Lane/Twin Pines Path

Located in Twin Pines Park, adjacent to the Twin Pines Senior and Community Center and main parking lot. There are 6 picnic tables and a barbecue area. It can accommodate up to 275 people. This area is ideal for larger family events, and corporate celebrations.



## Twin Pines Park The Redwood

Located in the far southwest area of Twin Pines Park, crossing a foot bridge over the creek. Seats up to 125. Has a large brick barbecue. A children's playground, volleyball posts and horseshoe stakes are in place for your use; equipment is rentable.



**Reservation Requests:** Make requests at least 30 days before the start of your event. Please contact our office at 595-7441 to check availability, or stop by our office located at 30 Twin Pines Lane (in Twin Pines Park). To apply, you must complete a Facility Reservation Request Form and turn it in at the Belmont Parks and Recreation office for review. Allow for 2 weeks processing before Permit approval. For more tips, go to [www.belmont.gov/beforeyourent](http://www.belmont.gov/beforeyourent).



# City of Belmont Parks & Recreation Department

30 Twin Pines Lane, Belmont, CA 94002

Phone (650) 595-7441,

Fax (650) 595-7419

Hearing Impaired (650) 637-2999

[www.belmont.gov](http://www.belmont.gov);

[parksrec@belmont.gov](mailto:parksrec@belmont.gov)

## ***Director's Letter***

On November 5, 2014, the Parks and Recreation Commission had a discussion about the improvement projects that we are undertaking for our parks, public buildings, and open space. I thought this would be a good opportunity to highlight the projects we continue to work on and some on the horizon.

On the front burner, we are working diligently to build Davey Glen Park, replace the restroom at Alexander Park, improve the playground at O'Donnell Park, and we are starting construction on the new trail bridge at Waterdog Lake to complete the Lake Loop Trail Realignment.

On the longer-term horizon, we have taken positive steps on the design for the synthetic turf project at the Belmont Sports Complex and the long term planning for the Barrett Community Center. These are both legacy projects that will require time and effort to get to the construction phase but we are excited to see progress and look forward to many community discussions to come about these efforts.

It is also important to remember what has been accomplished. The City has made improvements at many of our parks and facilities including the Twin Pines Senior & Community Center, the Cipriani Dog Park, Semeria Park, and the Barrett Community Center. If you have thoughts about these projects, please contact our Parks and Recreation Commission via email or come to one of the monthly meetings. Thank you for the opportunity to serve the Belmont community.

***Jonathan Gervais***

***Director of Parks & Recreation***

## **City Council**

Mayor - Warren Lieberman.

Vice Mayor - David Braunstein

Council Member - Eric Reed

Council Member - Charles Stone

Council Member - Cathy Wright

Meetings - 2nd & 4th Tuesday,

7:30pm - Council Chambers, City Hall

## **City Manager's Office**

Greg Scoles - 595-7408

## **Parks & Recreation Commission**

Chair - Craig Michaels

Vice Chair - Thaddeus Block

Commissioner - Karl Mittelstadt

Commissioner - Rich Bortoli

Commissioner - Thea Runyan

Commissioner - Stephanie Vargas

Commissioner - Susan Wright

Youth Commissioner - Alex Singer

Youth Commissioner - Carly Hunter

Meetings - 1st Wednesday,

7:00pm - Council Chambers, City Hall

## **Parks & Recreation Staff**

Parks & Recreation Director - Jonathan Gervais,

Parks Manager - Daniel Ourtiague, 595-7442

Recreation Manager - George Brunson, 595-7424

Recreation Supervisor - Mary Doherty, 595-7439

Senior Services Supervisor - Cheri Handley, 595-7445

Preschool Supervisor - Linda Steenman, 595-7448

Administrative Assistant - Grace Saggau, 595-7470

Office Assistant - Karen Leonoudakis, 595-7441

Recreation Coordinator - Andrea De Lara, 595-7444

Recreation Specialist - Sinead Cunningham, 595-7441

Interim Office Assistant - Detzaira Macias 595-7441



# WHAT'S HAPPENING THIS WINTER/SPRING?

*Remember to hold on to your Guide through April*

## 6 COMMUNITY EVENTS

Belmont Library  
Crab Feed  
Egg Adventure Hunt  
Father-Daughter  
Dance  
Parks Guide  
Santa Visit & Toy Drive  
Softball

## 11 COMMUNITY INVOLVEMENT

Donations  
Senior Advisory Committee  
Volunteering

## 12 PRESCHOOLERS

Day Care  
Enrichment  
Parent & Child  
Preschool

## 16 YOUTH & TEENS

Dance  
Enrichment  
Sports

## 27 ADULTS


Arts, Crafts &  
Games  
Health & Fitness  
Lifelong Learning

## 34 ADULTS 60+

Free/low cost  
courses, Lunch  
Program, Re-  
source services,  
Twin Pines Shut-  
tle, and more!

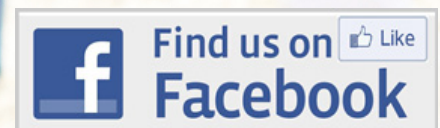
## 37 LOCAL INFO

## 38 REGISTRATIONS



**Americans with Disabilities Act**

The City of Belmont and the Parks and Recreation Department are committed to implementing the intent and spirit of the Americans with Disabilities Act (ADA). Adults and children with disabilities are welcome and encouraged to fully participate in our classes, programs, and activities. If you have a special need that requires a specific accommodation in order to enjoy our classes or facilities, please contact us at 595 7441.



For registration info using  
a phone or tablet,  
[http://belmontrecreation.  
blogspot.com](http://belmontrecreation.blogspot.com)



# Belmont Parks Guide

**WOOF!**

Looking for a dog park to take your buddy off-leash? Check out Cipriani Dog Park!



## BELMONT "PARKS AT A GLANCE"

Park Site	Acres	Ballfield	Basketball	Recreational Building	Horseshoe Pits	Jogging Track	Multi-Use Field	Picnic Area	Playground	Restrooms	Swimming	Tennis	Volleyball	Special Features
<b>1. Alexander Park</b> 400 Block of Yorkshire, near Marine View	1.3		X		X			B	2	X		2		Handball/Tennis Wall, Recycling Receptacle
<b>2. Barrett Community Center</b> 1835 Belburn or 1870 Ralston	5.1	X	X	X			X	B	X	X				Community Garden, Drinking Fountain, Day Care, Community Theater, Enrichment Classes
<b>3. Belameda Park</b> Library /1110 Alameda	3					X		X	X					Drinking Fountain Adjacent to Belmont Library
<b>4. Belmont Sports Complex</b> 550 Island Parkway	11	3		X		X	X	B	1	X			X	Drinking Fountain Facility Rentals, Lighted Fields
<b>5. Carlmont High School</b> 1400 Alameda de las Pulgas	13.5	2	3			X	3	X			X	6		Drinking Fountain Pool- Summer Only
<b>6. Central School</b> 525 Middle Road	3.4	X	4				2		X					Drinking Fountain, Stage
<b>7. Cipriani Park/Dog Park</b> 2525 Buena Vista	6		X				X	X	2					Drinking Fountain, Lawn Area Dog Park - Off Leash Area
<b>8. College View Park</b> 1 College View Way	0.1								X					Drinking Fountain
<b>9. Davey Glen Park</b> Across from 500 Davey Glen	1.1													Undeveloped
<b>10. Fox School</b> 3100 St. James Rd.	6.1	2	3				X	X	2					Drinking Fountain Tot lot is adjacent to school
<b>11. Hallmark Park</b> 2599 Hallmark Dr.	5.2					X		X	X			2		Drinking Fountain Access to Crystal Springs Trails
<b>12. HastingsTot Lot</b> 2409 Hastings Drive	0.3								X					Vista View, Benches Trail Access
<b>13. Hidden Canyon Park</b> End of Carlmont Drive	23.7					X								Drinking Fountain, Undeveloped Hiking/Biking Trails
<b>14. McDougal Park</b> 1405 Solana Dr.	4.5	2	2				X		X					Drinking Fountain, Multi-use Field
<b>15. Nesbit School</b> 500 Biddulph	6.5	2	4				X		X					Drinking Fountain Handball/Tennis Wall
<b>16. O'Donnell Park</b> 400 Block of Ralston, near Judson	0.9		X					B	X					Drinking Fountain Lawn Area,
<b>17. Patricia Wharton Park</b> between Notre Dame Avenue and Middle Road	0.1													Benches
<b>18. Ralston Middle School</b> 2675 Ralston Avenue	7.4	3	4			X	2	X						Drinking Fountain
<b>19. Ralston Ranch Park</b> Across from 1 Ralston Ranch.	1.3													Undeveloped
<b>20. San Juan Canyon</b> 4122 Marsten Ave or 3500 Bartlett Way	35					X								Undeveloped, Benches, Hiking/Biking Trails and Open space, connected to Sugarloaf Open Space and Trails
<b>21. Semeria park</b> 2322 Casa Bona Ave.	0.1							X	X					Drinking Fountain, Lawn Area
<b>22. Twin Pines Park</b> 30 Twin Pines Lane	21.1			X	2			B	2	X			X	Senior and Community Center, Art Center, Lawn Area Three Building Rentals & Three Picnic Area Rentals
<b>23. Wakefield Park</b> Intersection of Wakefield Drive and Elder Drive	1													Great views of the SF Bay/ Benches Nearby hiking and biking trail access
<b>24. Water Dog Lake</b> Across from 2839 Hallmark	260.6					X								Undeveloped, No water play allowed Hiking/Biking Trails and Open Space

**Parks  
Make  
Life  
Better!**

○ # of lighted facilities  
● # of unlighted facilities  
X available feature  
B Barbecue

### PARK RULES

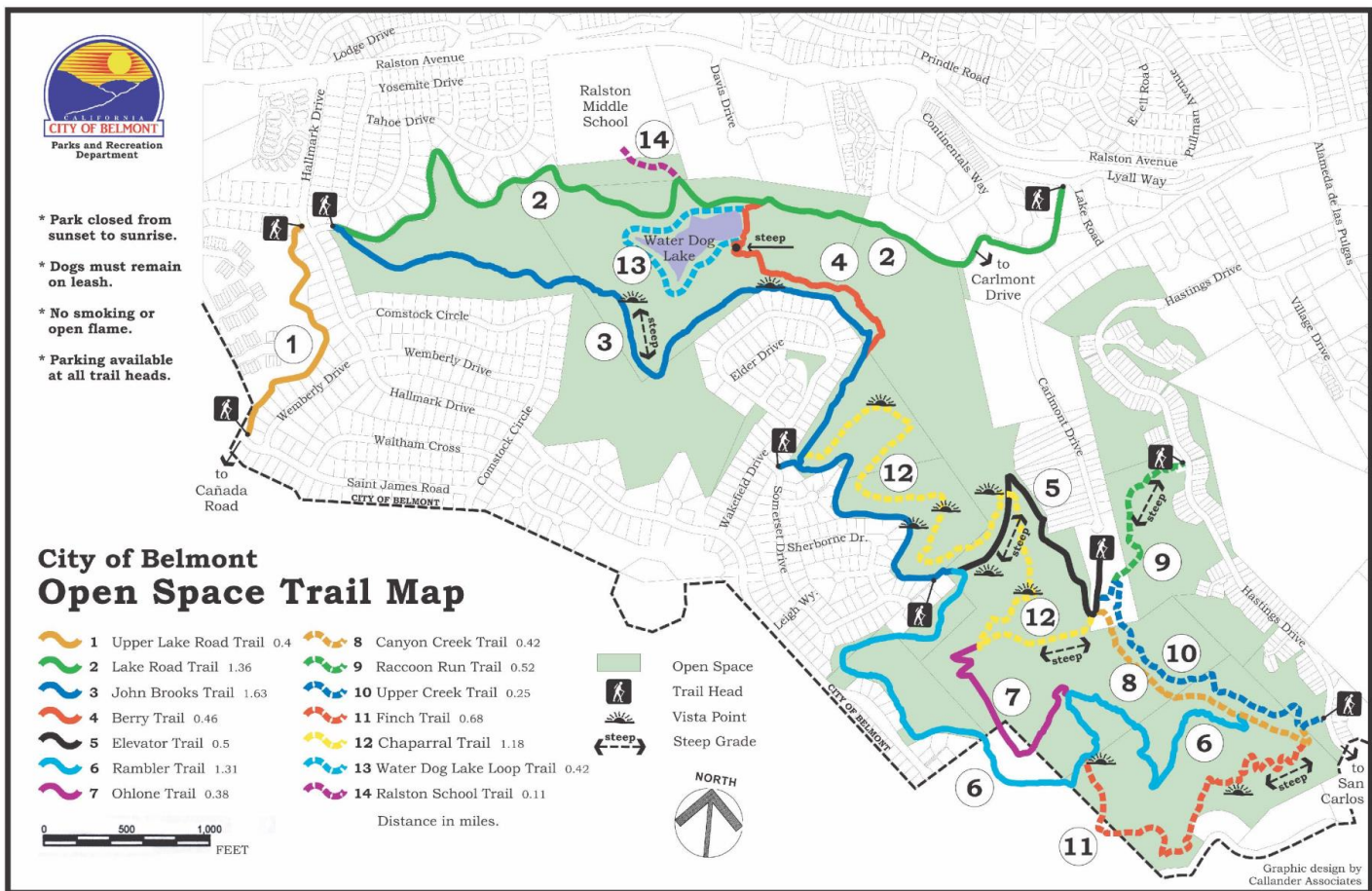
Hours: 1/2 hour before sunrise to 1/2 hour after sunset.  
Dogs must be on leash and cleaned-up after.  
No alcohol allowed except by permit.  
No smoking.

**Department of Parks and Recreation**  
30 Twin Pines Lane (650) 595-7441  
Website-[www.belmont.gov](http://www.belmont.gov)  
Rentals- (650) 595-7441

more info [www.belmont.gov/parksandfields](http://www.belmont.gov/parksandfields)



# Community Events



## Annual Santa Visit & Toy Drive

at the Fire House on Friday, December 19

Station 14, 911 Granada St,  
Belmont Fire Department

**5:30-8:00pm**



Donate to a child in need..  
bring a toy for  
donation to our **Toy Drive** to  
be given out to local kids.

Free refreshments, activities,  
and show! Meet your Firefighters, and bring your  
camera for a picture with Santa.



Additional Toy Drop-Off Sites: Fire Station 15 (2701 Cipriani Blvd)  
Info: Fire Dept Administration (650) 595-7492

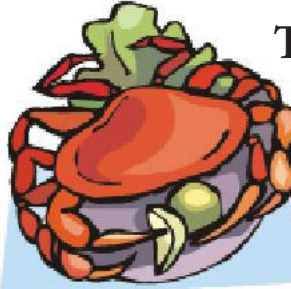


# Community Events

## BELMONT ROTARY CRAB FEED

SATURDAY, JANUARY 31

Twin Pines Senior & Community Center  
20 Twin Pines Lane, Belmont



**LIVE, SILENT & DESSERT AUCTIONS!**  
**RAFFLE WITH TERRIFIC PRIZES!**

COCKTAILS @ 6pm

ALL-YOU-CAN-EAT, FABULOUS CRAB @ 7pm

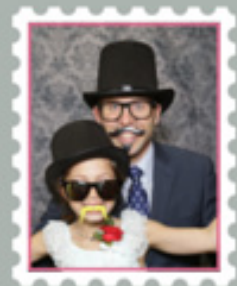
Dinner Tickets @ \$55 - Please join us!

For information or tickets, contact Belmont Rotary at 592-2622

[www.belmontrotary.org](http://www.belmontrotary.org)

XOXO

### Father Daughter Sweetheart Dance



Tickets: Resident Couple \$35  
Non-Resident Couple \$40  
Additional Daughter \$15

Eat at Village Host Pizza or  
Caprinos and proceeds go to  
Belmont's V.O.I.C.E.S!

Register at [www.Belmont.gov/activityguide](http://www.Belmont.gov/activityguide)

LOVE



Find us on  
Facebook

FRIDAY  
February 6th  
7 - 9:15 p.m.

Girls age 3 - 12

Twin Pines Senior &  
Community Center  
20 Twin Pines Lane

Free photo booth  
pictures and  
refreshments!

"Enhancing the quality of life for the community"



# Community Events

## Egg Adventure Hunt



Summer Kick-Off!  
Free demos, camp  
info and more!

Saturday, April 4th

9 a.m. SHARP!

TWIN PINES PARK  
30 TWIN PINES LANE

Free bounce  
houses, games and  
refreshments

Ages 3-10, arrive early,  
bring your basket and take  
a picture with the bunny!



"Enhancing the quality of life for the community"



## Belmont Library

### storytimes

**Baby Storytime** - Mondays @ 10:30am  
**Musical Storytime** - Tuesdays @ 10:30am  
**Pajama Storytime** - Wednesdays @ 7pm  
**Toddler Storytime** - Thursdays @ 10:30am  
**Preschool Storytime** - Fridays @ 10:30am  
**Ukulele and Family Storytimes** - Alternate Saturdays. Ask at Library for times.

### clubs

**Lego Club**  
Age 5-11, Mondays, 3:30-5pm  
**Kids' Craft Club**  
Age 5-11, Tuesdays; 3:30-5:30pm  
**Science Club**  
Age 5-11, Fridays 4-5pm



### Friends of the Library

The used bookstore sponsored by the Friends of the Belmont Library has a 2 permanent homes; downstairs behind the Cottage and at the entrance to the Library. The Book Nook is open to the public the 4th Friday and Saturday of each month, and 2nd Saturday and Sunday. Hardback, paperback books and tapes are sold with proceeds going to the Belmont Library. **For details, or to donate books, call (650) 593-5650, 591-3216 or 591-6329.**

[www.friendsofthebelmontlibrary.org](http://www.friendsofthebelmontlibrary.org)

Contact (650) 591-8286 [beasley@smcl.org](mailto:beasley@smcl.org) [www.smcl.org](http://www.smcl.org)



# Community Events

## Participate in Stormwater Pollution Prevention Cleanups

The best way to learn about stormwater and the causes of water pollution is to get involved. Annual cleanup events include Belmont creek cleanup during Earth Week and the annual California Coastal Cleanup-Belmont Creeks to Bay on the third Saturday of September. You can also coordinate your own cleanup event or volunteer to staff booths during these and other outreach events. To receive information on cleanup events, pollution prevention educational material or to get involved, please contact Diane Lynn/ Belmont Public Works at (650) 595-7425 or [dlynn@belmont.gov](mailto:dlynn@belmont.gov).



[www.belmont.gov/calendar](http://www.belmont.gov/calendar)

## *Men's & Coed Slow Pitch Softball*

The cities of San Mateo, Belmont, and Foster City are working in partnership to provide adult softball programs in their communities. We offer Men's & Co-ed slow pitch in Winter, Spring and Summer.

For more details or questions regarding the adult softball leagues please contact the San Mateo Adult Sports Supervisor, Dan Hibson at 650.522.7433 or [dhibson@cityofsanmateo.org](mailto:dhibson@cityofsanmateo.org).

**December 19th is the deadline  
for  
Winter Softball!**

## **BELMONT FARMER'S MARKET**

**Sundays, 9am - 1pm  
Rain or Shine  
Year-round**





# Community Involvement

## Volunteer

### Twin Pines Senior & Community Center

The Center is always looking for Volunteers to teach a class or lead a group in a multitude of subjects, usually once a week or once a month, or even live music for the lunch program.

The Center is open Monday - Friday,  
8:30am - 4:00pm.

If you have a talent, hobby, or interest you'd like to share, contact the Center at (650) 595-7444.

[www.belmont.gov/adults](http://www.belmont.gov/adults)

## Twin Pines Senior & Community Center Giving Tree

Did you know that you can make a tax deductible donation to Belmont's Senior Services programs? And that volunteers are always needed to support the services available at the Twin Pines Senior & Community Center?

A Giving Tree is coming soon to the Twin Pines Senior & Community Center. The leaves on the tree will symbolize monetary donations and volunteer service years. Please call 595-7444 to find out how you can become a volunteer or donate to our valuable senior programs.

## Donate to Parks & Recreation

[www.belmont.gov/donate](http://www.belmont.gov/donate)

There are many different ways to help our programs and facilities. With your donation you may choose to honor a special someone, organization/group, business, or simply, for altruistic purposes. Whatever your reason, all donations are crucial, gratefully accepted, and tax deductible.

As an example, here are a few items from our wishlist:

- Renovations to Barrett Community Center
- Health & Wellness Programs
- Event sponsors
- Twin Pines Senior & Community Center: Grassy area and Restroom renovations

## Senior Advisory Committee

This group meets every other month to discuss items that impact the Twin Pines Senior & Community Center and it's attendees. If you have positive ideas or would like to add your input, you are welcome to attend the meetings. Open to all ages.

Contact Cheri Handley at (650) 595-7444 for more information

Rich Bortoli  
Carmen Dostie  
Cheri Handley  
Sirinee Tippakorn  
Frank Rausch

Eric Reed  
Lu Krueger  
Patricia Lauricella  
Ray Loya  
Dave Karlin



## Cardio Dance Fitness (7 classes)

**NEW!**

**AGE:** 18+ years

Come groove to a mix of jazz, hip-hop and funk style dance including core-based stretching and exercises followed by easy to follow choreography. A fun, full-body workout to music. Sweat and feel energized, ready to face a new week!

**FEE:** See below

**LOCATION:** On the Move, 501D Old County Rd., Belmont

**INSTRUCTOR:** Laurie Nelson, personal fitness trainer, dance instructor

\$84 Resident, \$101 Non-resident - 7 classes

2202.101 Sun 4-5pm 1/25 - 3/8

2202.102 Sun 4-5pm 3/15-4/26

\$168 Resident, \$188 Non-resident - 14 classes

2202.103 Sun 4-5pm 1/25-4/26

## Full Body Fitness Walks

**NEW!**

**AGE:** 18+ years

Take your workout outside! Walk briskly on beautiful Water Dog Lake Trail in Belmont, while stopping often to do standing core-based exercises and stretching. You'll sweat, smile and be energized for the rest of your day. (weather permitting).

**FEE:** \$40 Resident, \$44 Non-resident can try one for \$10

**LOCATION:** Water Dog Lake trailhead, Lake St. entrance

**INSTRUCTOR:** Laurie Nelson, personal fitness trainer

2203.101 Sat 10-11:30am 4/4 - 4/25

After registration, you'll receive a number to call to verify the walk, if it's questionable.

## Hip Hop Hustle (6 or 8 classes)

**AGE:** 18+ years

Hip Hop Hustle is not for everyone. You have to like to sweat. You have to like your music loud. And you absolutely must love to smile when you dance. Learn fast paced routines to improve agility, flexibility and stamina. Warning: It's addicting!

**FEE:** See below

**DROP-IN FEE:** \$15 Residents, \$19 Non-resident

**INSTRUCTOR:** Whitney Cicero

**LOCATION:** Barrett Community Center, Rm B

6 classes - \$72 Resident, \$86 Non-resident

2560.101 W 9:30-10:30am 1/7-2/11

8 classes - \$96 Resident, \$115 Non-resident

2560.102 W 9:30-10:30am 2/25-4/15

*"Whitney's class is the best hour of my week. I can't believe how much I sweat. She combines great dance routines with body toning and stretching. It's the best kept secret in Belmont" - Carol S.*



**NEW!**

## Intro to Taiko Drumming (4 classes)

**AGE:** 15+ years

Taiko is the art of Japanese drumming, which develops self-expression and musical creativity. You'll be introduced to the kinds and uses of Taiko drums, and sounds of various beats, as well as Japanese expressions. Everyone participates on actual drums each class.

This requires a specific discipline to practice taiko, which includes practicing bare-footed, no food or drink, no rings, no jewelry of any type, no open discussions about unrelated topics during the class.

**NOTE:** Taiko is a physical activity requiring fitness and stamina. See additional notes online regarding medical questions.

**FEE:** \$35

**MATERIALS FEE:** \$45 paid directly to instructor to cover the drum heads replacement.

**LOCATION:** Belmont Sports Complex, Conf Ctr.

**INSTRUCTOR:** Kensuke Sumii

2411.101 Tu 7-9pm 1/6-1/27

2411.102 Tu 7-9pm 2/3-2/24

2411.103 Tu 7-9pm 3/3-3/24

2411.104 Tu 7-9pm 4/7-4/28

## Brien Shamp's Boot Camp

(1 month)

**AGE:** 18+ years

Have fun in morning or evening classes available every weekday, while you finally drop your unwanted body fat, lose inches, firm and tone your body fast! You'll also improve posture, flexibility and strength. Modified for your level, your coach educates, motivates and creates a team environment intended to bring success to all. **Sign up for the class and attend**

**as many workouts as you like each month!** Check out the website for locations and times that you prefer: [www.brien-shamp.com/parkrec](http://www.brien-shamp.com/parkrec).

**FEE:** \$177 Resident, \$197 Non-resident

**LOCATION:** Many locations - 603 Harbor, or other locations listed on the website

**INSTRUCTOR:** Brien Shamp, certified personal trainer

2211.101 - class days and times on website Jan

2211.102 - class days and times on website Feb

2211.103 - class days and times on website Mar

2211.104 - class days and times on website Apr

## Social Ballroom Dance (6 classes)

**AGE:** 18+ years

Do you envy those couples gliding around the floor at a wedding or a cruise? Looking for a fun new way to exercise, sharpen your mind and firm your body? In the Basic class, you'll learn the Samba, Rhumba, Cha Cha Cha, Mambo, Tango, Waltz, Foxtrot, Swing and more in a relaxed, social atmosphere. Intermediate class is offered through City of San Mateo. **COUPLES ONLY.**

**FEE:** \$41 per person- Resident,

\$48 per person - Non-resident.

**INSTRUCTOR:** Bart & Judy Lewis

**LOCATION:** Beresford Community Center, 2720 Alameda de las Pulgas, San Mateo

2550.101 - Basic Fri 7:45-8:45pm 1/23 - 2/27



### Xin Yi Dao Kung Fu

(7 or 6 classes)

**AGE:** 16 -65 years

Join our group as we practice and share our knowledge of the Chinese internal martial arts. This practice is comprised of the 3 main forms of internal kung fu: xing yi quan, bagua zhang, and taiji quan (taichi). The system is more vigorous and martial oriented than taiji and emphasizes the development of internal energy, Qi, for mental and physical harmony. Exercises and moves from Old Form Bagua are used to enhance effectiveness of techniques and teach whole body movement. Dantien training techniques build core body strength.

Current members of the group also practice Kendo, Karate, WuShu, various styles of Taiji and ShanXi style of Xing Yi Quan.

**FEE:** See below

**INSTRUCTOR:** Andre Chow, a senior student of Master Li Tai Liang.

**LOCATION:** Barrett Comm. Center, Rm C

**7 classes - \$70 Resident, \$84 Non-resident**

2235.101 Sat 8:45-10:45am 1/10-2/21

**6 classes - \$60 Resident, \$72 Non-resident**

2235.102 Sat 8:45-10:45am 2/28-4/4

**13 classes - \$130 Resident, \$150 Non-resident**

2235.103 Sat 8:45-10:45am 1/10-4/4

### Get Fit After 40 (Lite Aerobics)

10 Classes, Tue or Fri, 20 Classes Tue & Fri

**AGE:** Adult ages 40+ years

Come strengthen your heart, improve your agility, increase your overall strength and improve bone density! Don't let your age or fitness level keep you from coming. We adapt to all levels and combine low-impact exercise with both popular and country music to create a vigorous, yet gentle, workout that tones and energizes your whole body. The resistance band warm-up, cardiovascular workout and stretching cool-down makes for a fun and complete exercise program.

**FEE:** (Tu or F) \$60 Resident, \$72 Non-resident

(Combined Class Tu and F) \$99 Resident, \$119 Non-resident

**INSTRUCTOR:** Cathleen Morehouse, D.C. (Chiropractor)

**LOCATION:** Barrett Comm. Center, Multi-Use Room

5201.101	Tu	9:30-10:30am	1/6-3/10
5201.102	F	10-11am	1/9-3/13
5201.103	Tu	9:30-10:30am	1/6-3/13
	+ F	10-11am	
5201.104	Tu	9:30-10:30am	3/24-5/26
5201.105	F	10-11am	3/27-5/29
5201.106	Tu	9:30-10:30am	3/24-5/29
	+ F	10-11am	



**NEW!**

### TENNIS (6 or 8 lessons)

**AGE:** 15+

Each student provides his/her own racket. Eight hours of instruction for 3 to 8 students. Classes of two will consist of 4 hours total of lessons.

**Winter** - \$78 Resident, \$94 Non-resident (6 lessons) 1/17-2/21

**Spring** - \$95 Resident, \$114 Non-resident (8 lessons) 4/4-5/23

**INSTRUCTOR:** Stanford's Whitlinger & Sarsfield staff (WhitlingerSarsfieldTennis.com)

**LOCATION:** Carlmont High School, Court #6 & #7

### Novice

Develop the essential techniques with emphasis on control, depth and direction on the 78 ft. court with regulation tennis balls. Lessons will also incorporate rules, etiquette, and basic doubles play.

2157.101	Sat	9-10am	1/17-2/21
2157.102	Sat	9-10am	4/4-5/23

### Low Intermediate

For players who are consistent on slow to medium-paced rally, but need to develop depth and directional control when pace is added. Review and refine stroke techniques, with emphasis on basic strategy and tactics.

2157.103	Sat	10-11am	1/17-2/21
2157.104	Sat	10-11am	4/4-5/23

### Individual Lessons

Learn new strokes or improve your old ones through individualized lessons based on your needs. All ages welcome, beginners to advanced. Add - \$5 per person for each additional person.

**1/17-2/21**

\$65 per hour-2157.105

\$125 for 2 hour lessons - 2157.106

\$180 for three 1-hour lessons, 2157.107

**4/4-5/23**

\$65 per hour-2157.108;

\$125 for 2 hour lessons - 2157.109;

\$180 for three 1-hour lessons, 2157.110

**RAINY DAY Procedures - Check with instructor at the court. For rain out makeup dates, the instructor will notify during the next scheduled lesson or check whitlingersarsfieldtennis.com.**



**ZUMBA**  
gold

**AGE:** Adults 40+

Are you ready to Zumba? Zumba is based on the principles that exercise should be fun and easy to do. Zumba Gold is more gentle than regular

Zumba and is a great mix of Latin flavor and international beats with easy-to-follow and low-impact moves which create a high-energy and calorie-blasting workout. **Please wear comfortable clothes, supportive shoes and bring a water bottle.**

**FEE:** \$68 Residents, \$82 Non-resident

**INSTRUCTOR:** Yoshiko Takeshita

**LOCATION:** Twin Pines Senior & Community Center

5222.101	Wed	10:30-11:30	1/7-2/11
5222.102	Wed	10:30-11:30	2/18-3/25



## Tai Chi Chuan for Fitness

(8 classes)

**AGE:** 18+ years

Our popular exercise class adds a touch of Qi Gong (energy work) into the moves, making the simple daily practice a power packed experience with increased vigor, strength, inner calm and balance. Qi is everything and everywhere: the primordial energy that creates life. Learn Tai Chi, harness the energy - the gift of Life! Returning students, enhance your moves, revisit your commitment, revitalize your Qi.

**FEE:** \$86 Resident, \$103 Non-resident

**INSTRUCTOR:** Elliotte Mao

**LOCATION:** Barrett Community Center, Rm E

### Beginning

2233.101	Tu	7-7:45pm	1/6-2/24
2233.103	Tu	7-7:45pm	3/10-4/28

### Intermediate/Advanced

2233.102	Tu	7:45-8:30pm	1/6-2/24
2233.104	Tu	7:45-8:30pm	3/10-4/28



## Tai Chi Chuan for Women

(8 classes)

**AGE:** 18+ years

The Qi energy harnessed for centuries for its life giving force has ironically been underutilized by the most life giving souls - women!! With a series of steps culled from nature's best movements, this gentle exercise brings life enhancing benefits to fortify us against those nagging issues such as osteoporosis, menopause, depression, fatigue. Let's discover wellness together!

**FEE:** \$86 Resident, \$103 Non-resident

**INSTRUCTOR:** Elliotte Mao

**LOCATION:** Belmont Sports Complex

### Level 1

2233.105	Th	9-9:50am	1/8-2/26
2233.106	Th	9-9:50am	3/12 - 4/30

### Level 2

2233.107	Th	10-10:50am	1/8-2/26
2233.108	Th	10-10:50am	3/12 - 4/30

### Level 3

2233.109	Th	11-11:50am	1/8-2/26
2233.110	Th	11-11:50am	3/12 - 4/30

## Hatha Yoga (10 classes)

**AGE:** 12+ years

Yoga for all! Regardless of age, shape, level of flexibility, this will benefit you! A gentle, relaxing, strengthening, and non-threatening yoga style working toward mind and body one-ness. You will love it, and so will your body. **Bring a mat and wear comfortable clothing. Makeup missed class at other classes. (No class 1/19, 2/16, 5/25)**

**FEE:** \$82 Resident, \$98 Non-resident

**INSTRUCTOR:** Cheryl Cooper, 21 years with Parks & Recreation

**LOCATION:** Twin Pines Lodge, 40 Twin Pines Lane

2242.102	M	7-8:25pm	1/12 - 3/16
2242.103	Tu	7-8:25pm	1/13 - 3/17
2242.104	W	10:15-11:40am	1/14 - 3/18
2242.105	Th	7-8:25pm	1/15 - 3/19

2242.106	M	7-8:25pm	4/6 - 6/8
2242.107	Tu	7-8:25pm	4/7 - 6/9
2242.108	W	10:15-11:40am	4/8 - 6/10
2242.109	Th	7-8:25pm	4/9 - 6/11

## Chair Yoga with Adriana

**Fridays, 9:30am**

Join us every Friday for a gentle yet invigorating chair Yoga class led by volunteer certified instructor Adriana Buenaventura. This is a good introduction to Yoga and great for older adults who want to stay active and improve their health. **FREE!**

**LOCATION:** Twin Pines Senior & Community Center

## Walks in the Park

Walking group meets on Tuesday and Thursday mornings at 9:30am, rain or shine! Different people walk at different paces, and you choose your own. Come walk together! **FREE!**

**LOCATION:** Twin Pines Senior & Community Center.

## Table Tennis

**2nd & 4th Fridays, 1:30-3:30pm FREE!**

Come by yourself or bring a couple of friends and just drop in!

**LOCATION:** Twin Pines Senior & Community Center

## Rosen Method Movement

**Thursdays, 9-10am, 3/12- 4/30**

In this class you will be guided with music through gentle, unhurried movements, which are designed to improve alignment and flexibility while increasing range of motion, balance and strength. Instructor-in-Training Rosemary Field will help you connect with your body and mind, feeling balanced and refreshed at the end of each session. **Wear comfortable clothing and supportive shoes, and bring a mat.** Phone 595-7444 to reserve your space for this **FREE** class.

**LOCATION:** Twin Pines Senior & Community Center

## Monthly Mindful Meditation

**First Tuesdays, 9-10am**

Join us on the first Tuesday of each month from 9:00-10:00am. Through guided meditation, you will quiet the mind and body and be more aware of the present moment. Come find out what meditation is all about, and learn techniques to reduce stress and pain and become more aware of your body and the world around you. **FREE!** Drop-ins welcome.

**LOCATION:** Twin Pines Senior & Community Center

## FREE Health Screenings!

- Personalized, individualized screening and counseling by an experienced Sequoia Hospital RN.
- Enjoy the benefits of an experienced RN who can help you understand your results and how to communicate your results to your Doctor.
- Unique screening service that brings the expertise of an experienced RN who can answer questions in a relaxed environment.

**LOCATION:** Twin Pines Senior & Community Center

**Blood Pressure: 3rd Tuesdays, 9-10am**

**Diabetes: Wednesday, January 21 & April 15**



## Keeping Up With Kids Online (1 class)

Feeling like you have no idea what your kids are doing online? Do you have good intentions with rules you want to set but just find them to be impractical? Let the Parents Digital Coach walk you through your options and help you settle on a practical approach that's right for your family.

**FEE:** \$20 Resident, \$24 Non-resident each class  
\$35 Resident, for both classes \$40 Non-resident for both

**LOCATION:** Twin Pines Lodge, Belmont

**INSTRUCTOR:** Joe Stampleman,  
www.parentsdigitalcoach.com

### Basic Overview

This session covers how many popular parental control technologies fail or backfire, and also discusses alternative approaches. Content filtering, monitoring, iPhone jailbreaking, and age-specific tactics are among the topics discussed. Q&A time is also included.

2705.101 W 7-8:30pm Feb. 4

### Hands-on App, Site & Device Tour

We cover a selection of the applications and websites that have been flagged as dangerous for kids, such as YikYak, Ask.fm, Snapchat and Tinder. Advice on if and how you can audit your children's use of these services and what kind of material is available to educate your kids to use them wisely. Learn how to check if your child's iPhone is "jailbroken" or if their Android is "Rooted", and learn about the pros and cons of your child having such a device. Q&A is included and requests are also considered if submitted in advance.

2705.102 W 7-8:30pm Feb. 11

### Both Basic and Hands on App classes

2705.103 W 7-8:30pm 2/4-2/11



## French Comfort Food (1 class)

Winter requires some heart warming foods. In all old farm houses, the meat would be cured and people would take advantage of that bounty for some good stews.

We will cook a Potee Auvergnate (after the pot it is cooked in and from the central region of Auvergne). Appetizer will be some melting chicken liver pate served on good French Baguette along with a green salad. Dessert will be oven baked apples served with a Sabayon sauce.

We will just have to pretend dinner takes place in an old farm house by the fireplace and prepare stories to share!

**FEE:** \$38 Resident, \$46 Non-resident

**LAB FEE:** \$15 for all supplies & handouts, payable to instructor.

**LOCATION:** Twin Pines Lodge, 40 Twin Pines Lane, Belmont

**INSTRUCTOR:** Beatrice Carrot, co-author of a French cookbook; teacher of homestyle French cooking in the U.S and France.

2720.101 F 7-9:30pm January 16

## Age Well, Drive Smart, CHP Seminar

Friday, January 23,  
9:30am - 1:00pm



This FREE seminar is presented by the California Highway Patrol to help older adults take control of their driving future and stay on the road longer. Refreshments included. To register, please call County Supervisor Adrienne Tissier's office (650) 363-4572.

**LOCATION:** Twin Pines Senior & Community Center

## Opinion Exchange With Jim Dunbar

10am, 4th Monday each month

Jim Dunbar of KGO radio fame will lead this engaging program. Each session will include discussion and commentary on current events. Sessions will be held from 10:00-11:00am on the fourth Monday of each month. Stay current on local and global events at Twin Pines! FREE. \*No meeting in December.

**LOCATION:** Twin Pines Senior & Community Center

Look for Intro to Pottery on pg. 32!



## Book Group

1st Monday each month, 1pm

Belmont Library Manager Kathleen Beasley and Assistant Stephanie Conrad will lead this group focusing on popular and bestselling fiction and nonfiction, with readings on pre-loaded digital reading devices. No need to download it yourself! We'll show you how to use them and discover whether it's a format you might enjoy. Limited to 12 participants. FREE!

**LOCATION:** Twin Pines Senior & Community Center



## Stamp Collectors

4th Monday of each month, 10am

Every informative session is FREE! Bring your own stamps to show, trade, or take a look at the current collection. Drop-ins welcome. \*No meeting in December.

**LOCATION:** Twin Pines Senior & Community Center

## Jazzercise

Life's too busy for boring workouts! Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Body-blasting music mixes while we are sweating, smiling, and laughing through Pilates, yoga, and kickboxing moves. Watch for our new branding coming soon! Come join our awesome workout up to 6 times a week.

Tami McCann, Certified Jazzercise Instructor

**M & W - \*9 am & 6:30pm;**

**Fri - \*8:30 am & Sat. 9 am**

- Low Impact High Intensity (Mon & Fri am only)

Barrett Community Center, 1835 Belburn Ave, Multi-use room.

Class are ongoing: please register at class or  
www.jazzercise.com. 1(800) FIT IS IT  
226-3484 or tamijazz@gmail.com

\*LOW IMPACT - A take on the original, just drop the hop. Pumping cardio and strength, with a focus on power moves that don't require bouncing to the moon. Keep your feet on the ground with this challenging non-hopping calorie-burner.

## Gary's Gatherings

Join Gary on the fourth Friday of each month for interesting and engaging gatherings. Phone 595-7444 for more info on these FREE and FUN gatherings where you can expand your horizons.

**\*Note:** There will be no class in November & December.

**LOCATION:** Twin Pines Senior & Community Center

### Raspberry Pi

1:00-2:00pm

Raspberry Pi is a credit card-sized computer. Since it costs only \$35, it is a great tool for computer education. This meeting is for exchanging information and ideas for using the Raspberry Pi in education, in the lab and with products.

### Futurists

2:00-3:00pm

These meetings will examine the advancements that need to be made before a human brain "connectome" can be captured and downloaded into a brain simulator, and the computing power and storage necessary for the simulator.

### Writers' Workshop

3:00-4:00pm

Writers exchange ideas and information. Meet others and share your prose in a relaxed, supportive setting.

## Language Groups

Join our FREE weekly groups at any time. Drop in!

Italian Class - Mondays, 9:30am

French Conversation - Mondays, 2pm

English Class - Tuesdays, 10am (Jan 13 - Mar 17)

Spanish Class - Wednesdays, 10am

Spanish Conversation - Mondays, 10am

German Class - Wednesdays, 11:30am

Mandarin Conversation - Fridays, 11am

**LOCATION:** Twin Pines Senior & Community Center



## History Group

Thursdays, 2pm

Do you want to chat with other history buffs and learn about different subjects? Join us on Thursdays at 2pm. Led by Mary Frances Compton, retired High School teacher who's lived all over the USA, Libya, Turkey, England, Germany and Mexico. FREE

**LOCATION:** Twin Pines Senior & Community Center



## Intro to Pottery for Adults

(6 classes)

**FREE** Intro class **Tuesday, 1/13 at Barrett Room 1, 7pm**

**AGE:** 17 + years

Come and learn the ancient craft of pottery or the modern art of contemporary ceramics and learn how to bring clay to life in a way you never imagined.

Erika Pazmandi Hagen is a teacher and a ceramist with a European background. Relax and explore your creativity in this six lesson session for beginners in a small group setting where you can relax and have fun!

**FEE:** \$129 Resident, \$149 Non-resident

**LAB FEE:** \$15 payable to instructor at 1st class, includes a 25lb bag of clay and usage of studio glazes, tools, fees and other supplies.

**LOCATION:** Barrett Community Center, Rm 1

**INSTRUCTOR:** Erika Pazmandi-Hagen

2803.101	Tu	7-9pm	1/27-3/3
2803.102	Tu	7-9pm	3/17-4/21

## Ukulele Jam & Sing-A-Long

**2nd Monday each month, 10:00-11:30am**

All are invited to join the Twin Pines Senior & Community Center's Ukulele Jam and Sing-A-Long. Bring your ukulele or guitar, your voice and your "Aloha Spirit" to sing or play and join in the fun! Drop in, no reservations needed.

**LOCATION:** Twin Pines Senior & Community Center



## Garden Club

**1st Thursday of each Month, 9:00am**  
**September-June**



Anyone interested in floral arranging and design, civic beautification, conservation and/or environmental education is welcome to join the Belmont Garden Club. If you have a home, patio or apartment garden, are interested in gardening or meeting new friends, we'd love to have you attend the meetings!

Call Annette West at 592-7192 for more information.

**LOCATION:** Twin Pines Lodge, 40 Twin Pines Lane

## Art Group

**Thursdays,**  
**1:00-3:30pm**

Do you like to paint or work on art projects? Would you like to do it with company? Spend a lovely, soothing afternoon with several like-minded artists creating art in a non-class setting. All experience levels welcome. Must bring your own supplies (paints, brushes, tools, cleaning supplies, easel). Chairs and 8-ft long tables are provided. In good weather, use of our adjacent outdoor patio is also available!



**LOCATION:** Twin Pines Senior & Community Center

## Needle Crafts Group

**Tuesdays, 12:30 - 2:30**

This lively group meets every week to work on individual or group projects in a social atmosphere. Some projects are created for the display case and all those proceeds go to The Senior Fund. Bring your project and join the fun!

**LOCATION:** Twin Pines Senior & Community Center



## New, Classic & Foreign Movies

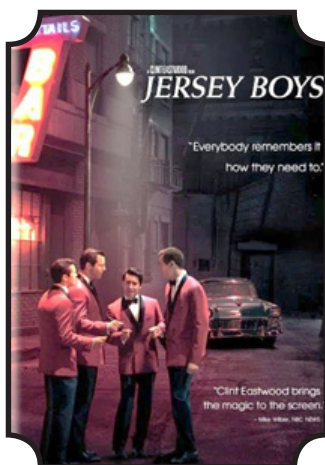
Every week we get the best and newest movies as soon as they are out on DVD. Or come enjoy some old favorites, or expand your base with some foreign films. Adults over 60 can even do Lunch (11:30) + a Movie every week at 12:15pm. The movies are FREE. Check the Twin Pines Newsletter, pick up a detailed movie flyer, or phone (650) 595-7444 for the featured presentation.

**LOCATION:** Twin Pines Senior & Community Ctr

**New Movies:**  
Every Wednesday



**Foreign Films:**  
2nd & 4th Tuesdays



**Classic Movies:**  
1st & 3rd (and/or 5th)  
Tuesdays



## Wii Bowling

**Thursdays, 12:15noon**

Keep your skills sharp or just have plain fun in this gentle Bowling game. The Wii video game provides the exact sights, sounds and rules of a real bowling alley, but there's no need to carry a heavy ball! Drop-ins welcome.

**LOCATION:** Twin Pines Senior & Community Center

## TABLE GAMES

Join us for these fun social games every week!  
Most are free!

**LOCATION:** Twin Pines Senior & Community Center

### Bridge: Intermediate & Advanced

**Thursdays, 12:30 - 3:30pm FREE!**  
Drop-in play. No partner needed.  
Begins promptly at 12:30pm.

### Canasta FREE!

**Tuesdays, 12-3:30pm**  
**Thursdays, 9:30 - 11:30am**  
Experienced players and those who want to learn how to play this fun and easy game are welcome.

### Hearts & Pinochle

**Wednesdays, 12:30 - 3:30pm**  
**FREE!**  
Fun, classic games.

### Mah Jong

**2nd and 4th Fridays, 1:30pm. FREE!**  
Traditional, Chinese-style Mah Jong.

### Pedro

**2nd Tuesdays, 12noon. FREE!**  
Drop-ins welcome!

### Bingo

**1st & 3rd Fridays, 1:00pm**  
Sponsored by the Belmont Senior Club.



### Twin Pines Senior & Community Center

20 Twin Pines Lane, Belmont, CA 94002

#### Beat Arthritis

Following the successful, grant-funded Exercise Against Arthritis program, this low-impact, gentle physical activity will reduce pain and decrease stiffness of persons with arthritis-related conditions. This new fee-based program, taught by popular certified instructor Mary Furuta, will help you keep your joints flexible, muscles strong, and increase energy and balance. **All levels welcome.**

- Must be pre-registered to participate (No drop-ins)
- You can register for once a week or twice a week program.
- No class 1/19 & 2/16

#### FEE:

Residents

\$40 Mon or Thu, \$75 Mon and Thu

Non-Residents

\$48 Mon or Thu, \$90 Mondays and Thu

**INSTRUCTOR:** Mary Furuta

**LOCATION:** Twin Pines Senior & Community Center

5225.101	Mon	1-2pm	1/5 - 3/9
5225.102	Thu	11am-12	1/8 - 2/26
5225.103	Mon + Thu		1/5 - 3/9

*"I had spinal fusion (lumbar) 11 months ago and was having both low energy and reduced stamina. It was difficult finding a buddy to walk with or exercise with.*

*I feel like I've found a community of people to exercise with and feel comfortable with. In just a few weeks I'm able to do most of the exercises and not be so tired. I enjoy coming to class and am now motivated to start a walking regimen too. The enthusiasm and positive feedback of both the instructor Mary and my classmates is wonderful. My mood is very much better. I've gone from 'I'm too tired!' to 'What else can I do today!' - Judy, 78*

#### Strength Training

**Wednesdays, 8:45-9:30am**

Targeted for adults over 60, but beneficial for everyone, the class concentrates on gradually building strength in the crucial muscles of the body to restore aligned, balanced posture and movement. Join Sophia for this FREE class. Bring a water and a mat for floor exercises.

**LOCATION:** Twin Pines Senior & Community Center

#### Gentle Tai Chi Chuan

**Tuesdays, 9:30-10:30am,**

**Jan 6 - Feb 24, Mar 10 - Apr 28**

Tai Chi has been a favorite form of exercise for many years because it is gentle and brings invaluable benefits such as a healthier body, balance, coordination and stress reduction for men and women. The significant reduction in falls among adults who are practicing Tai Chi speaks volumes about why you should incorporate it into your exercise program. We emphasize and practice mindful moves that can be adapted to various fitness levels and abilities in a non-judgmental harmonious setting. This **FREE** class is taught by Elliotte Mao and is offered in partnership with Sequoia Hospital-Dignity Health.

**\*Priority given to New students.**

**\*No Drop-ins.**

**Phone 595-7444 to register.**

**LOCATION:** Twin Pines Lodge

#### Matter of Balance

**Tuesdays, 10-12noon, January 20- March 10**

Many older adults experience concerns about falling and restrict their activities. This is an evidence-based program designed to manage falls and increase activity levels. Brought to you through a partnership by Dignity Health Sequoia Hospital and Stanford Hospital. Participants meet for 2 hours every week for 8 weeks for group discussions, role playing, videos and more. Exercise begins in the third session and continues each week. Attendance at all sessions is strongly encouraged.

**LOCATION:** Twin Pines Lodge, 40 Twin Pines Lane

#### Video Fitness Programs

Have fun and get fit in our FREE video fitness programs, no reservations required.

- Low-Impact Aerobics - Mon. & Wed., 9:30am
- Sit N' Be Fit - Mondays, 2pm
- Go 4 Life (High-energy) Fridays, 1pm

**LOCATION:** Twin Pines Senior & Community Center

#### Twin Pines Shuttle

If you are a Belmont resident, the Twin Pines Shuttle is available to take you to and from the Center. Remember, you can do your part to help the environment. Our wheelchair accessible van can help reduce your fuel costs. No need to worry about traffic or finding a parking spot. Our friendly drivers bring you right to the front door. There is a suggested donation of \$1 per one way ride, or \$2 for the round trip ride. Phone 595-7444 for more information.

**LOCATION:** Twin Pines Senior & Community Center



## Piano, Wine & Cheese Social

**Wednesday, December 10, 3pm**

FREE! Enjoy a glass of wine or sparkling cider along with assorted cheeses while listening to familiar songs performed by pianist Steven Scholom. Co-sponsored with Home Helpers®

**LOCATION:** Twin Pines Senior & Community Center

## Aztec Hot Chocolate & King's Cake

**Tuesday, January 6, 2pm**

Join Andrea on Tuesday, January 6, for the Mexican "Day of the Three King Magi" tradition. She will make her famous spicy hot chocolate and you can enjoy it with a slice of "Three Kings" bread, baked only this time of year! FREE!

Phone 595-7444 to sign up.

**LOCATION:** Twin Pines Senior & Community Center



## AARP Tax Assistance

**Mondays, February 2-April 13**

AARP will again come and visit to offer FREE tax preparation assistance at Twin Pines Senior & Community Center. This service is available to low and moderate income taxpayers, with special attention to those ages 60 and older. BY APPOINTMENT ONLY! Don't wait until last minute and call 595-7444 starting January 27, 2015. (No appointments on February 16)

**LOCATION:** Twin Pines Senior & Community Center

## AARP Smart Driver Course

**Feb 23 & 27 or Apr 13 & 17,  
9:00am - 1:30pm**

Refresh your knowledge of the rules of the road and receive a discount on your auto insurance.

To reserve a space, phone 595-7444. Must attend both days (either in February or April) to receive a course certificate.

**FEE:** \$15 AARP Members, \$25 Non-members. Payable to instructor at first session.

**LOCATION:** Twin Pines Lodge



## Twin Pines Lunch Program

A Senior Lunch Program is available thanks to a grant from the Aging & Adult Services from the County of San Mateo. Meals are pre-ordered in advance and delivered by Creekside Grill.

Our menu and ambiance makes the Twin Pines Café the spot to enjoy a delicious lunch at 11:30am on Tuesdays, Wednesdays and Thursdays.

There is a suggested donation of \$4.00 for persons 60 and older and an \$8.50 fee for anyone under age 60; subject to change.

**Phone 595-7444 to find out what's on the menu and to make your reservations, at least 2 business days in advance.** Transportation is available for Belmont Residents.

**LOCATION:** Twin Pines Senior & Community Center

## Theater Works **NEW!** Silicon Valley Presents... Stories from the Road

**January 21 to March 4 (no class 2/18)**

Stories from the Road is a new writing and storytelling workshop for adults 62 and over, guiding participants through a fun process of writing a personal story and bringing their tales to life through their voices. No former writing or performance experience necessary- just a desire to tell your story and be heard. Class will be held on Wednesdays from 2:30-4pm, January 21 to March 4 (no class 2/18). Phone 595-7444 to register for this FREE class. Participants will receive a complimentary ticket to a TheaterWorks Silicon Valley production.

**LOCATION:** Twin Pines Senior & Community Center

## End of Life Planning Workshop

**Friday, January 23, 1pm**

Half Moon Bay resident, Michelle Dragon, has tackled both death and planning with her book: *Live to Die: The BirthDay-DeathDay Planning Process!* Death planning is an often overlooked and avoided topic. Live to Die offers a useful template and guide for family and friends who should plan for their death. Plan so that you do not burden others with a series of post-death events, and plan to make sure you will have a good death yourself. FREE. Phone 595-7444 to reserve your spot.

**LOCATION:** Twin Pines Senior & Community Center



## Free Aid and Services Information

We have FREE material with information on non-profit agencies that provide free or low-cost assistance to seniors or low-income residents in several areas. On our shelf you will find information on:

Legal Aid	Health Insurance
Grocery Shopping	Home Care
Support Groups	Transportation
Home Delivered Meals	Conflict Resolution
Driving Aids	Aging & Adult Services
Home Health Agencies	Housing

Drop by to pick up your free pamphlets or booklets!

## Computer Classes

### 1. Belmont Library:

- Wednesdays at 10:30am.
- Drop-In
- Variety of subjects and technology
- Call 591-8286 for more info.

**LOCATION:** 1110 Alameda de las Pulgas, Belmont

### 2. Twin Pines Senior & Community Center:

#### A- Internet, Laptop, or Tablet class (iPad, Android, etc)

- Thursday afternoons by appointment only
- Call 595-7444 to sign for a one-time, 2hr class

#### B- Computer Tutor

- Wednesday mornings, 10am
- Drop-in

-If you want to learn how to use Word, Excel, write a letter, or other small specific tasks, this is the one for you!

## Widows & Widowers

5:30pm, 4th Wednesday each month

This fun and active group holds their meetings at 5:30pm on the 4th Wednesday of each month.

Contact Ellie at 345-2040 for membership information.

**LOCATION:** Twin Pines Senior & Community Center

## The Vial of Life



During a medical emergency, a small plastic vial containing a slip of paper could save your life. More than 40,000 seniors in San Mateo and county keep "The Vial of Life" in their refrigerators, which contains a sheet of paper listing medications you are taking or any health issues you have. Emergency responders are trained to check in the refrigerator for the vial. "The Vials of Life" are available FREE at the Twin Pines Senior & Community Center. For more information, call 595-7444.

## Safe Medication Disposal

Did you know that disposing of prescription drugs is hazardous to the environment? Toilet-flushed drugs are harming our fish and amphibians. Any prescription medications that you no longer need can be brought to the Belmont Police Station for safe disposal. Please help protect our environment.

## Belmont Senior Club

10am, 3rd Tuesday each month

Meetings are held on the third Tuesday of each month at 10:00am. The Belmont Senior Club hosts afternoon Bingo. Games are typically held on the first and third Friday of each month at 1:00pm. Please phone 595-7444 for more information.

**LOCATION:** Twin Pines Senior & Community Center

## Books

Are available in our complimentary loan library.





# LOCAL INFORMATION

## CITY HALL - 1 Twin Pines Lane

General Information.....	637-2907
Permit Center.....	595-7422
Business Licenses.....	637-2907
City Clerk.....	595-7413
City Manager.....	595-7408
Finance.....	637-2907
Human Resources.....	595-7452
Community Development/Planning.....	595-7417

## PARKS & RECREATION - 30 Twin Pines Lane

Admin./Tree Permits.....	595-7441
Playing Field Conditions.....	592-7557
Senior Services.....	595-7444
Teen Center/VOICES.....	591-8286

## FACILITY RENTALS.....595-7441

Barrett Comm. Center.....	1870 Ralston Ave
Cottage .....	7 Cottage Lane
Lodge .....	40 Twin Pines Lane
Picnic Areas .....	Twin Pines Park
Senior/Community Center .....	20 Twin Pines Lane
Sports Complex/Conference Ctr.....	550 Island Pkwy

## FIRE DEPARTMENT

Emergency.....	911
Business Only.....	595-7492

## POLICE DEPARTMENT

Emergency.....	911
Business Calls Only.....	595-7400
Abandoned Vehicle Hotline.....	595-7455

## PUBLIC WORKS

Engineering Services.....	595-7425
Street & sewers.....	595-7425
Emergency Night/Weekend & Holiday Services, or after 5:00 pm on Weekdays.....	595-7400

## DEPARTMENT EMAILS

Building & Planning .....	comdev@belmont.gov
City Clerk's Office.....	cclerk@belmont.gov
City Manager's Office .....	cmanager@belmont.gov
Finance.....	financedept@belmont.gov
Parks/Recreation Office.....	parksrec@belmont.gov
Permit Center.....	permitcenter@belmont.gov
Police Dept. ....	police@belmont.gov
Public Works Dept.....	pworks@belmont.gov
Webkeeper/Technology.....	tech@belmont.gov

## GARBAGE (Recology).....595-3900

<b>LIBRARY, 1110</b> Alameda de las Pulgas.....	591-8286
The Friends of Belmont Library.....	593-9514

## SCHOOLS

Belmont/ Redwood Shores School.....	637-4800
Carlmont High School.....	595-0210
Central Elementary School.....	637-4820
Cipriani Elementary School.....	637-4840
Community Learning Center Preschool .....	595-7448
Fox Elementary School.....	637-4850
Nesbit Elementary School.....	637-4860
Ralston Middle School.....	637-4880

## MID-PENINSULA WATER DISTRICT..... 591-8941

## CLUBS & ORGANIZATIONS

American Association of University Women....	631-1051
American Red Cross.....	259-1750
Animal Control: Peninsula Humane Society....	340-8200
Belmont 4-H.....	637-1898
Chamber of Commerce.....	595-8696
Belmont Garden Club.....	595-2930
Belmont Historical Society.....	533-9349
Belmont Lions Club.....	346-7718
Belmont Melodrama.....	599-2720
Belmont Park Boosters.....	592-3068
Belmont/San Carlos Mothers' Club.....	354-8020
Belmont Senior Citizen Advisory Committee.....	595-7444
Belmont Rotary Club.....	594-2424
Belmont Senior Club.....	595-7444
Boy Scouts & Cub Scouts of America.....	341-5633
The Cottage Auxiliary.....	591-8317
Center for Independence of the Disabled.....	645-1780
HIP Housing.....	348-6660
League of Women Voters, S.M. County.....	342-5853
Mentoring, Friends For Youth.....	482-2867
Notre Dame de Namur University.....	508-3600
Peninsula Conflict Resolution Center.....	513-0330
San Francisco Girl Scout Council.....	591-4520
Sequoia Hospital Community Liason.....	367-5841
Toastmasters Club.....	www.toastmastersclubs.org

## SPORTS ORGANIZATIONS

American Youth Soccer Organization.....	591-KICK(5425)
Babe Ruth Baseball - Steve Vega.....	594-9976
Bayside Broncos Football.....	599-1845
Belmont-Redwood Shores Youth Softball Association .....	belmontsoftball@yahoo.com
California Youth Soccer Association.....	408-203-7656
Little League.....	kaknobel@yahoo.com
Pony/Colt Baseball.....	belmontrwspony@yahoo.com



# WAYS TO REGISTER

Registration begins with delivery of the Activity Guide. Registration will be processed in the order received. You can Register in person at the Parks & Recreation Office or mail the completed form.

\*Walk-in registration continues until classes begin.

\*Credit card registrations processed only in person or online at [www.belmont.gov](http://www.belmont.gov)

## \*NO FAXED REGISTRATIONS

\*Checks or money orders only for mail-in registrations

**MAIL / WALK IN:** Belmont Parks and Recreation, Attn: Registration,  
30 Twin Pines Lane,  
Belmont, CA 94002.

## Refunds and Credit Voucher Policies:

\*No refunds or credit vouchers will be issued once a class has begun.

\*Full refunds will be issued only for classes cancelled or closed by the Recreation Department. A credit voucher/refund will be issued if a participant withdraws from a class **at least one week** before the class begins and there will be a \$10.00 service fee per activity. No service fee will be deducted for credits.

\*Class fees will not be pro-rated for missed sessions or late enrollment. **No refunds will be given for the processing fee, as that is not charged by our department. This fee is for the convenience of using the online service.**

\*No refunds will be given for the processing fee for future activities

Please fill out the form below completely as all fields are important! Please include the date of birth; our programs key off this field.

## Activity Registration Mail-In Form

Belmont Parks & Recreation Department  
30 Twin Pines Lane, Belmont, CA 94002 Phone: (650) 595-7441



How did you hear about the ☐ Mail ☐ Email ☐ Facebook ☐ Website ☐ Friend ☐ Other: \_\_\_\_\_ program(s)?

Participant's Name (First and Last)	Date of Birth (mm/dd/yy)	Male/ Female	Class Name	Class # Code	Resident Fee	Non-Resident Fee

☐ Do you have any special needs which require specific accommodations so you can fully enjoy our classes and facilities?

Total \$ \_\_\_\_\_

I wish to donate to Senior Services \$ \_\_\_\_\_

Total due \$ \_\_\_\_\_

### Payee Information (Person paying for registration)

Please fill in all the sections.

Name: \_\_\_\_\_ Date of birth (mm/dd/yy) \_\_\_\_\_ Gender (circle) M / F ☐ Self ☐ Parent ☐ Guardian

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### WAIVER

I hereby absolve the City of Belmont, its employees, independent contractors and officers from all liability that may arise as a result of my participation in the activities above. In the event that the participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees, independent contractors from liability. I/We agree to allow use of my/our photograph(s) for program publicity. I have read and understood this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Register Online Today!

Register for programs and classes from the comfort of your own home or office, using the convenience of your PC or laptop. Mobile device registration capability will be coming soon!

**By registering online**, you have first access to classes over walk-in or mail-in registration options. ActiveNet is an online registration service that is **available 24 hours a day**. You can view and select classes, make payments, and review your current registrations. You can also view your family account history.

## Flat Rate Processing Fee

We want to make our activities accessible and affordable to as many people as possible. For this reason, we moved away from the variable convenience fee to a **\$2.50 flat rate processing fee**, which will result in a cost savings for you when you register online.

**To register online, follow these three easy steps by going to:**

‘www.belmont.gov’, ‘Parks & Recreation’,

## 1. SIGN-UP FOR AN ACCOUNT

Select ‘Request Account’ and fill out the form to get registered. You will need a credit card (American Express, Discover, MasterCard or Visa) and a working email address.

## 2. SELECT YOUR ACTIVITY or CLASS

You can browse through the alphabetical list of classes, or search for one from our Activity Guide, either on [www.belmont.gov](http://www.belmont.gov) > Parks & Rec > Activity Guide or your brochure mailed to your home. Then, add it to your shopping cart.

## 3. CHECKOUT TO FINISH

View your ‘cart’ to see the activity(s) you’ve chosen, then click ‘checkout’ to register for these activities. You’ll be asked to identify the family member participating and where you heard about the activity. After seeing the costs for the activities, you’ll be asked for your credit card information. Enter your information, click continue... and you’re done! You can print out your receipt. That’s it. You are now enrolled and ready to enjoy the class!

**PLEASE REGISTER EARLY- CLASSES DO CLOSE IF THEY REACH MAXIMUM ENROLLMENT, OR CAN BE CANCELED IF ENROLLMENT IS TOO LOW.**

**Belmont Parks & Recreation**  
30 Twin Pines Lane  
Belmont, CA 94002

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## Parks & Recreation

### 2015 Winter/Spring Activity Guide

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*Santa Visit  
& Toy Drive  
pg. 7*

**Egg Adventure  
Hunt  
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**Parks Guide &  
Trail Map  
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**SUMMER PREVIEW** -pg. 19  
and more inside!

[www.belmont.gov/parksandrec](http://www.belmont.gov/parksandrec)



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